

RHKEMPIRE.COM

FEB.2020
ISSUE 02

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USD

2020
COVER
FLYRT
SERIES

PLUS

ABI
CERNY

RACHELLE
CROSS

AND
MORE!

**COVER
MODEL
CHRISTINE
MILLER**

EXCLUSIVE
PHOTOS
BY
FITNESS
FOTO808

Content

FLYRT MAGAZINE | FEBRUARY 2020 | ISSUE 2
www.rhkempire.com



Editor Note

I'm really excited about 2020!

When I first started RHK Productions in 2009, I had no idea we would accomplish so much. We've had 5 magazine titles under our umbrella of publications and have released over 300 issues. We have featured over 1,000 of the world's top models, thanks to our dedicated staff and world-class photographers. We are becoming more involved with musical artists and other entertainers and we have no plans on slowing down. I would like to personally thank everyone who has supported RHK ... it hasn't always been easy, but the journey has been a wonderful experience. I hope this year is one of our best yet!

As always, my goal is to make RHK Productions the BEST. If there is anything we can improve, please let us know by contacting us at submit@rkhkempire.com.

Have a wonderful 2020!

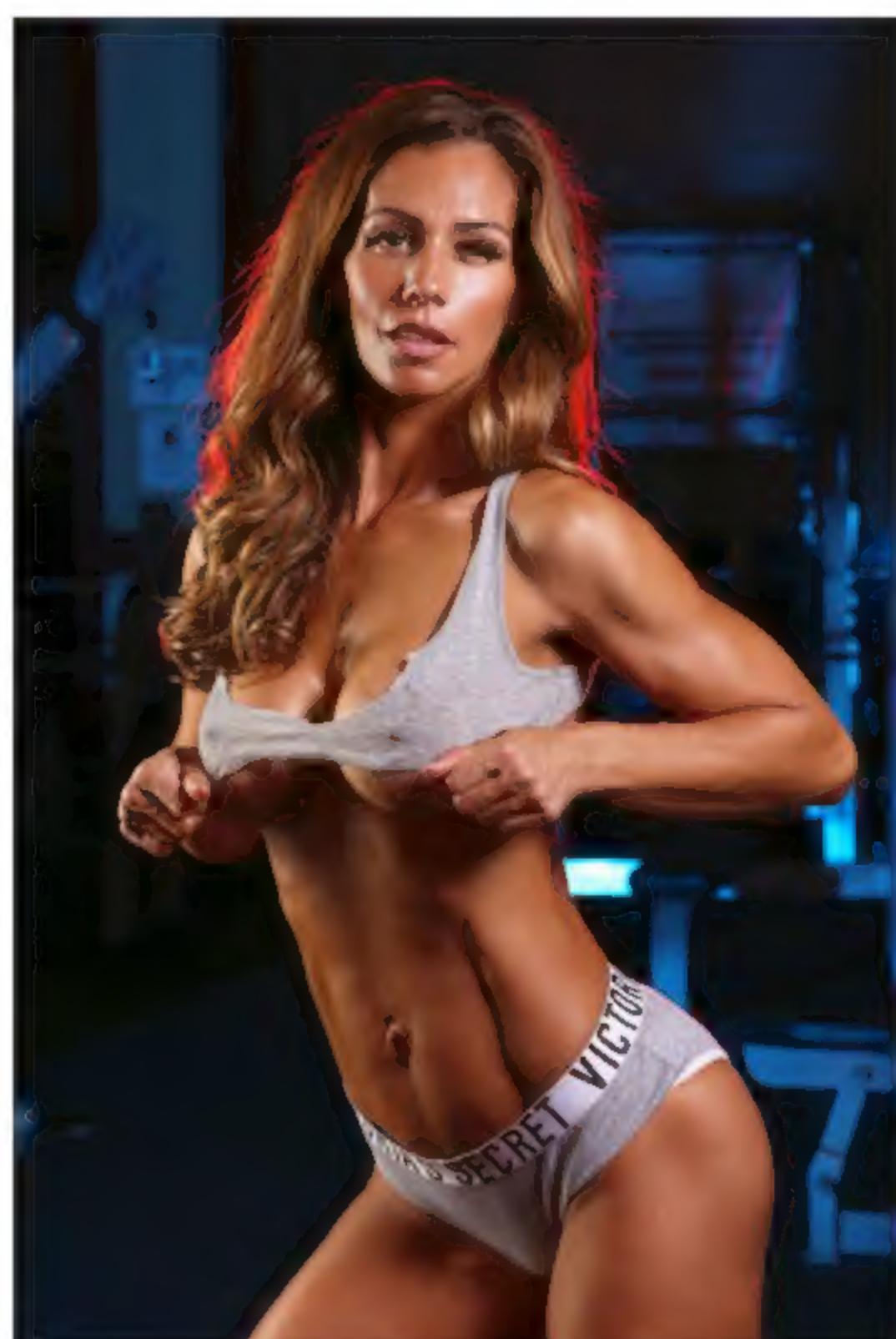
Best regards,
Alexander Deal, CEO



05

Abi Cerny

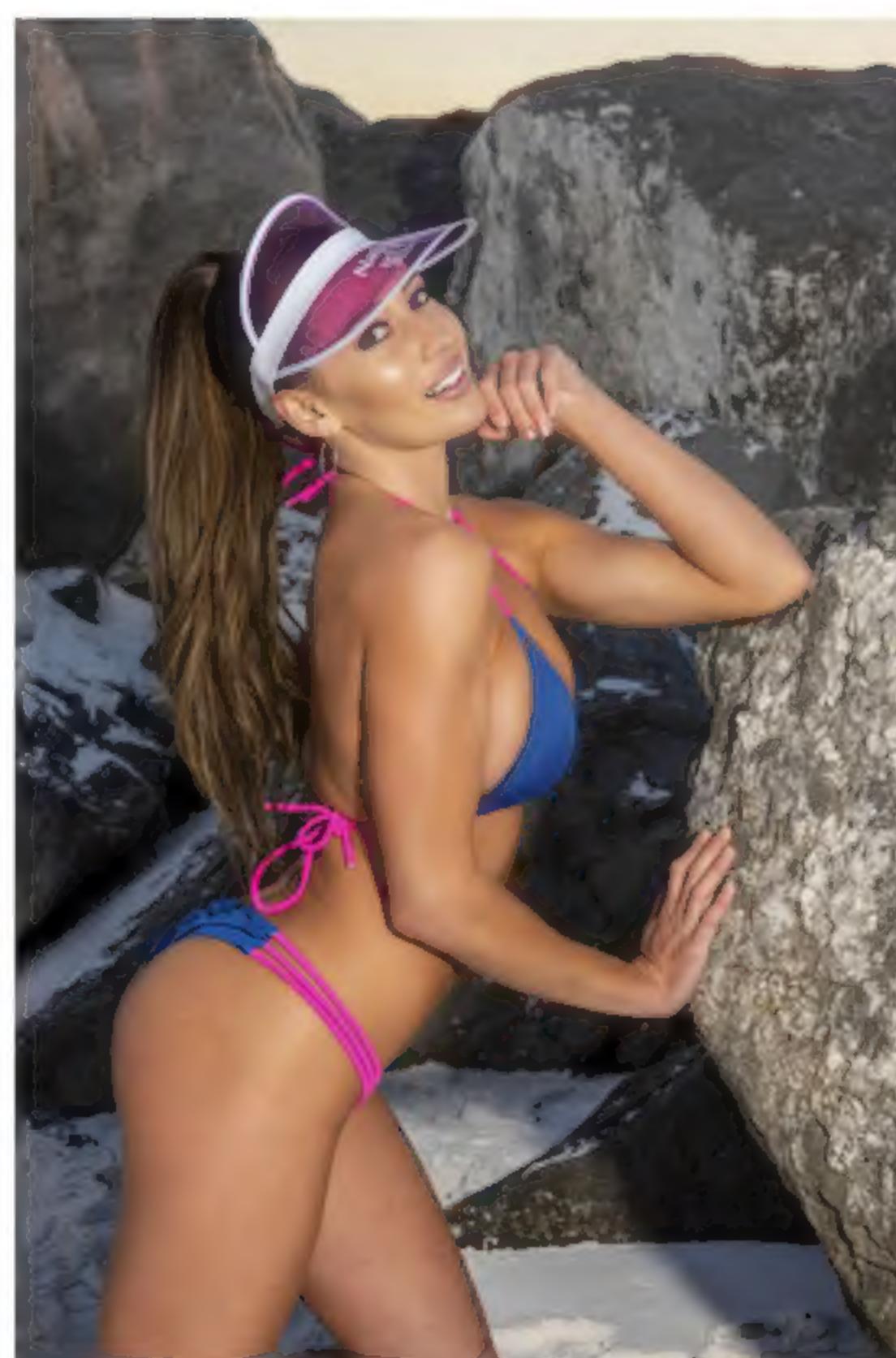
Honolulu, HI
Photos by FitnessFoto80



13

Christine Miller

Honolulu, HI
Photos by FitnessFoto80



23

Rachelle Cross

Destin, FL
Photos by Cole Willett

UFFSTUFF







POISON GIRL
DIOR

Official perfume
of the
RED-HOT KITTENS

05 - FEATURED MODEL: ABI CERNY



My eyes are my sexiest feature.



ABI CERNY

Location:
Honolulu, Hawaii

Measurements:
32-25-37

Instagram: @abicerny

HMUA: Abi Cerny

Spray Tan: Abby
@spraytanwaikiki

Photographer:
FitnessFoto808

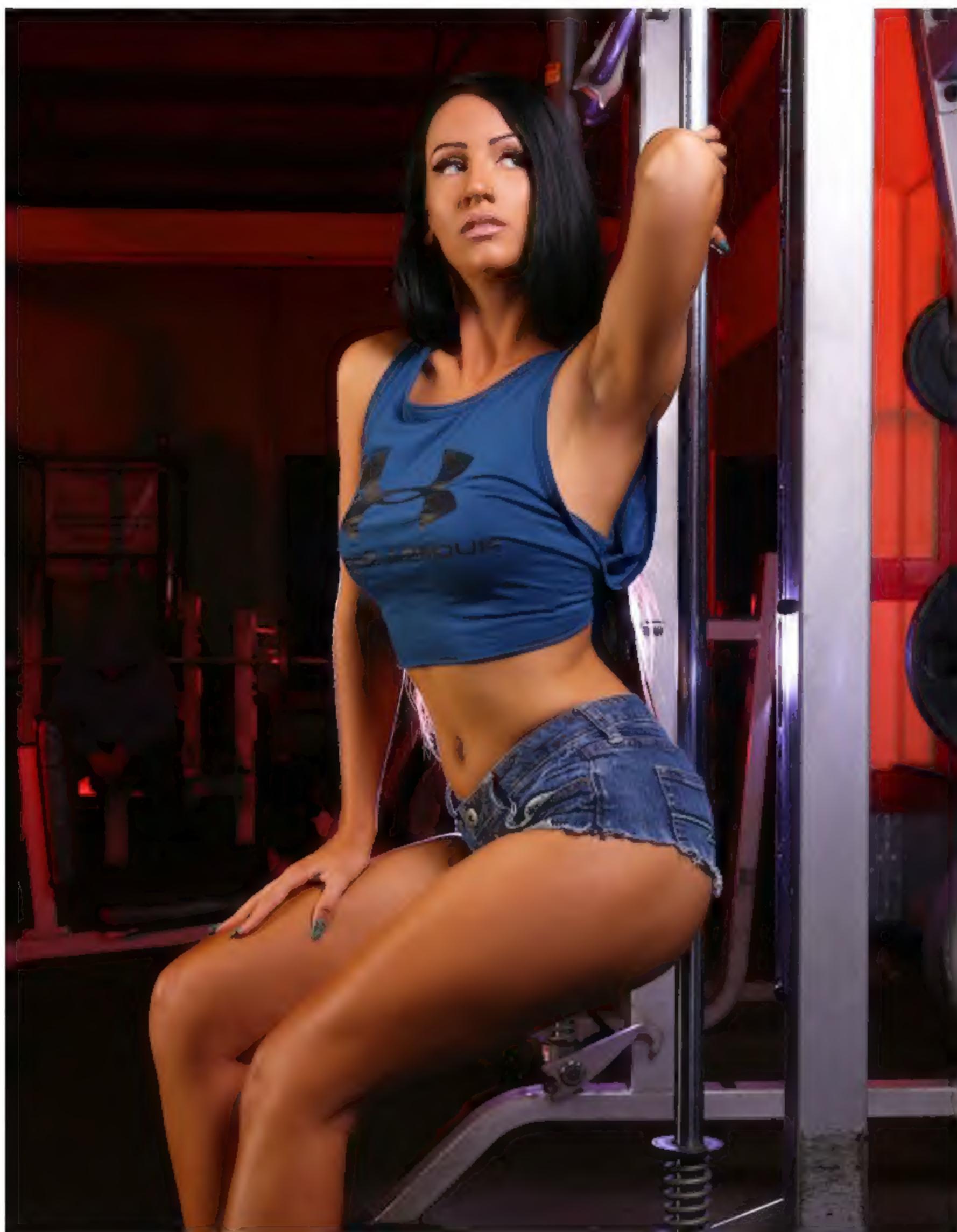
I'm a Hawai'i model and social media brand influencer living in Honolulu, Oahu. I mostly post content about enjoying my life in Hawaii and showcase many of my photoshoots on my Instagram.

I love meeting new people and being outdoors, swimming, surfing, and hiking. My theme is to showcase paradise served daily with a scoop of aloha on the side.





7 THINGS YOU MUST DO AFTER EVERY WORKOUT



You've put in the work at the gym, but you're not done. What you do post-workout is very important if you want to maximize your workout and minimize injuries.

Here are 7 essential things you must do:

1. Rehydrate

Simply put, drink water. Drink water. Drink water. This is probably the single most important thing you can do post-workout. It enables your body to recover and replenish.

2. Cool Down

It's very important to get your heart rate back to normal post-workout. Popular ways to do so include light jogging, walking, and yoga. Whatever you choose, take 10-15 minutes to cool down ... your heart needs it.

3. Stretch

Stretching can be included in your cool down routine, but there is some benefit in focusing on this as a

separate essential item. After you cool down, a good stretch will help build flexibility and mobility by elongating your muscles. Be sure to target large muscle groups such as glutes, hamstrings, hips, and shoulders.

4. Protein Up

After you rehydrate and replenish, your body needs a little protein boost. Eating or drinking a protein (and fast-digesting carbohydrate) source 30-60 minutes after a workout helps your body absorb essential nutrients needed to jumpstart muscle repair. Popular choices are protein shakes, yogurt, cottage cheese, almonds, fish, and beef jerky.

5. Shower Time

After you've had a chance to cool off, stretch, and rehydrate, it's very important to "wash off the gym". The last thing you want to do is bring home any unwanted germs ... or smells. Shower. Lather up. Put on fresh clothes.

6. Track Progress

You'll never know how far you've progressed, unless you know where you started. From day one, Track your progress using a notepad. Or, if you prefer a more modern day approach, try using FitBit, smartwatches, or other apps that help track your fitness routine. Once you hit your initial goal, set more aggressive, but attainable, goals. The important thing is to track yourself so you have data to compare ... this will help you determine which areas you excel in, and which areas you need to target more aggressively.

7. Spoil Yourself

You'll never enjoy working out if you don't see results ... and if you don't reward yourself for your efforts. Don't be afraid to spoil yourself.

One of the best post-workout rewards is getting a massage. Other than the pure joy of having someone else massage your body, a good massage will remove lactic acid and improve muscle strength.

But don't stop there. De-stress. Relax. Watch a movie. Read a book. Don't overwork your body by adding stress to an already intense workout.



Amateur Models

I want to do something pretty, but edgy, but sexy, but not skanky.

I don't know you, so I brought Becky and Stacy to make sure you're not a rapist.

Your studio doesn't look very nice.

Ew, I look fat.

Can I get my 500 proofs tomorrow?

Is this going on the *internet*?



Traveling Models

Hello, I am Svetlana. I travel from Russia to shoot. Enough

I have warmed my muscles for maximum contortion.

We have fifty minutes before I exit ketosis and can no longer use my abs as cheese grater.

Don't forget to turn on fill light for left cheek and let's shoot and publish.



13 - COVER MODEL: CHRISTINE MILLER



**Sexiest Feature?
My booty!**

CHRISTINE MILLER

Location: Honolulu, HI

Measurements: 34D-25-35

Height: 5'9"

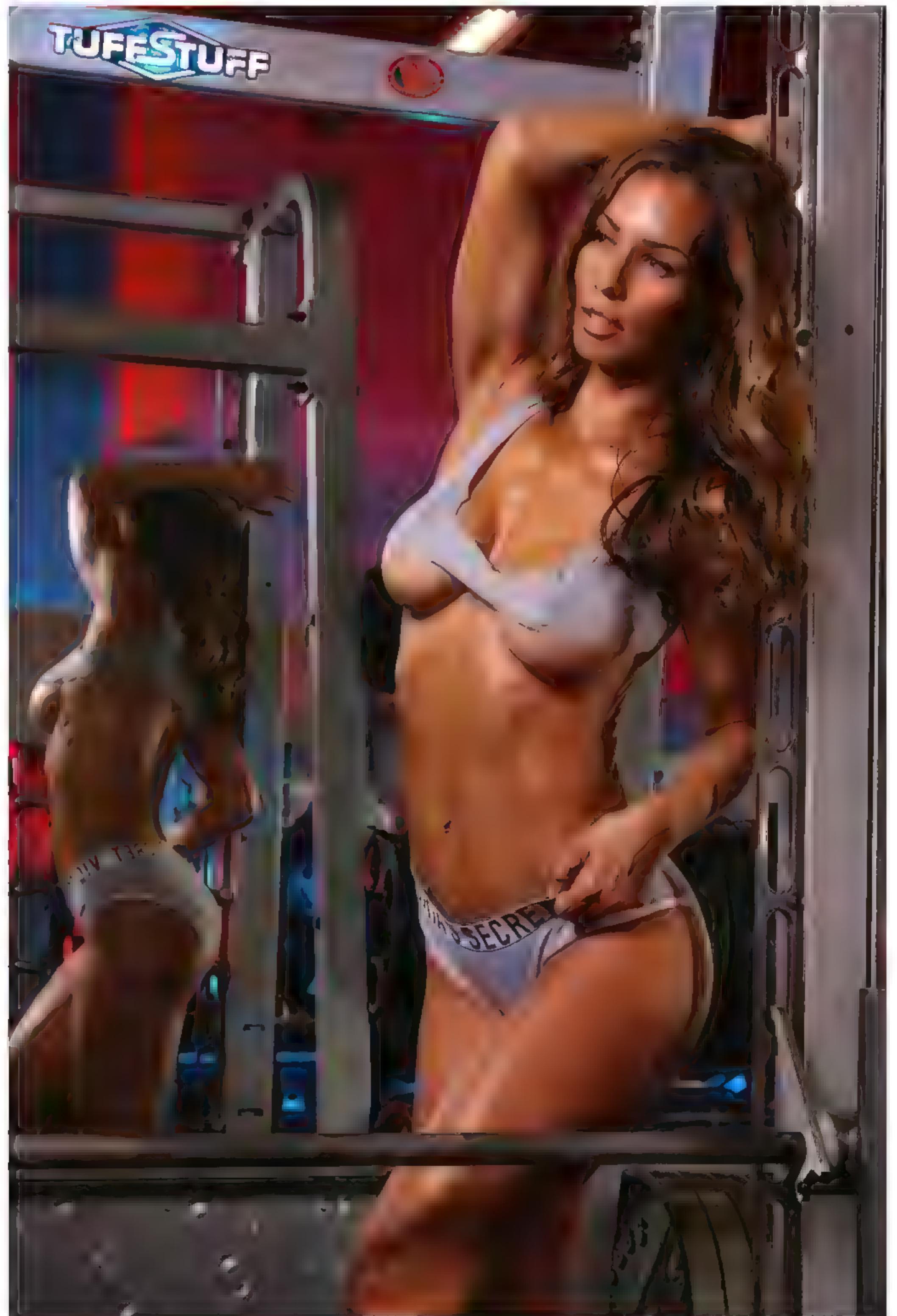
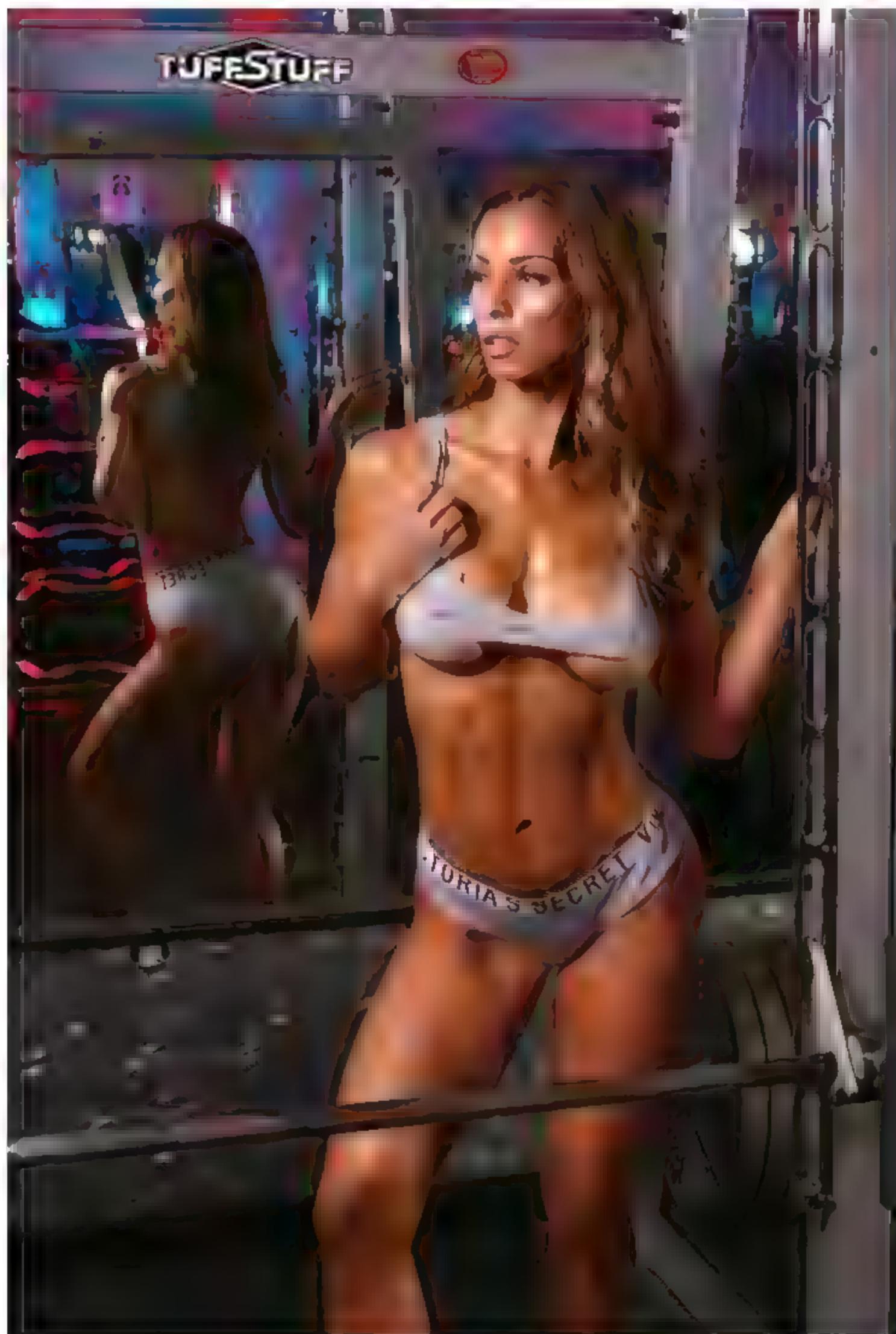
Sexiest Feature: Booty

Instagram: @officialchristinemiller

HMUA: Christine Miller

Photographer: FitnessFoto808

Mrs. HAWAII 2015, 2019 NPC Bikini Masters Champion (Shawn Ray HAWAII Classic), Philanthropist.





VICTORIA'S SECRET



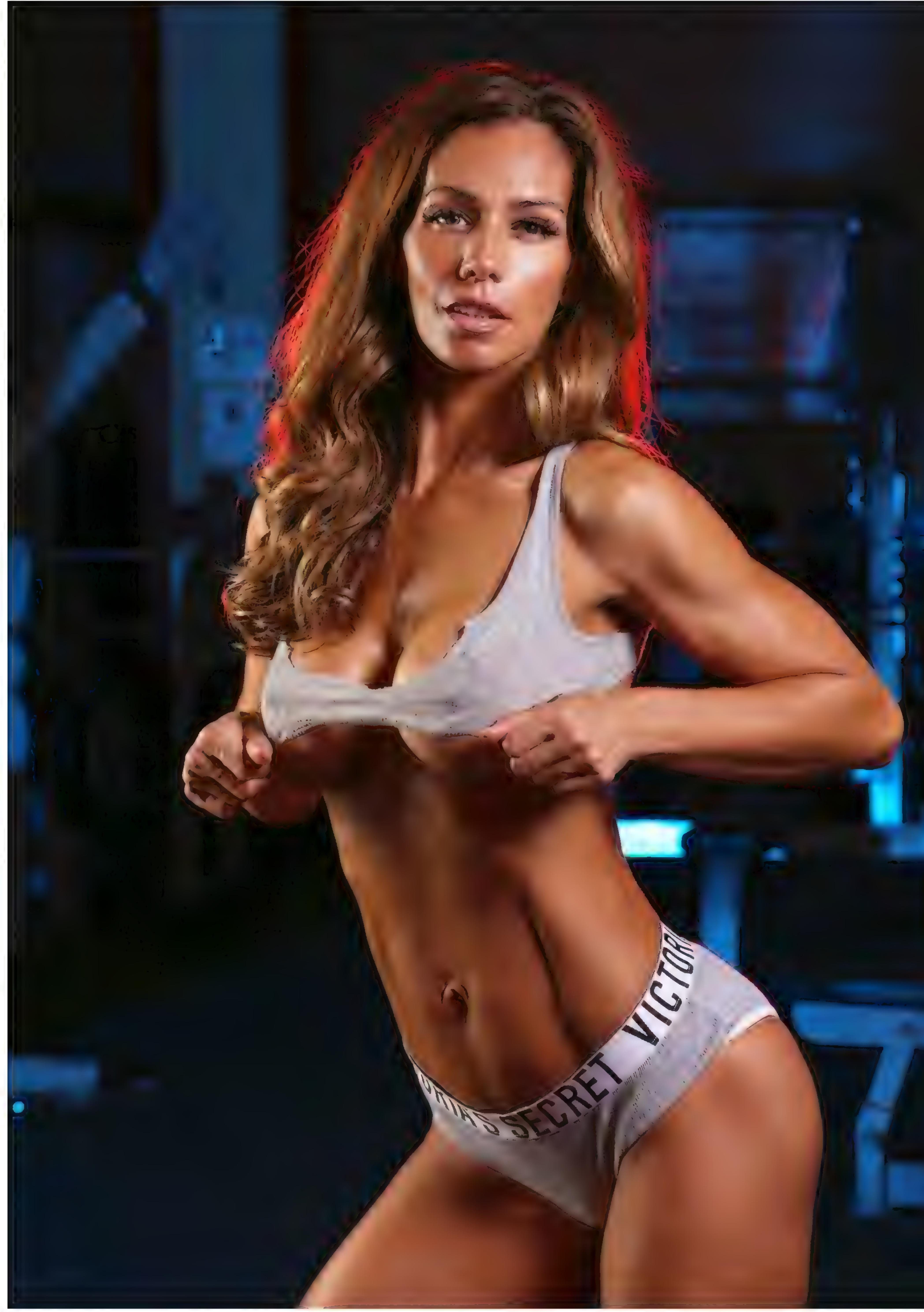


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We accept submissions from all genres of modeling:

- Glamour
- Nude
- Fashion
- Fitness
- Runway



Why Submit?

RHK Productions has been in business since 2009, and has a reputation for bringing you all-new photos and videos of our world-famous Red-Hot Kittens ... the world's sexiest models who have been featured in Playboy, Maxim, FHM, and other leading magazines.

While our publications are the sexiest magazines you'll find, we take pride in featuring each and every model in a tasteful, respectful fashion.

We have several quality publications which have been published monthly (or twice a month) for years without interruption. The following publications are currently available worldwide, in print and digital:

RHK Magazine – Glamour, bikini, lingerie, implied, topless (nudity allowed)

Flyrt Magazine – Fitness, glamour, implied, topless (nudity allowed)

KAAT Magazine – Urban models, eye candy, video vixens (nudity allowed)

Riche Magazine – Fashion, bikini, lingerie (no nudity)

Interested in becoming an exclusive Red-Hot Kitten model ... and enjoying the benefits of being a contracted model?
Contact us at
submit@rhkempire.com.



23 - FEATURED MODEL: RACHELLE CROSS



RACHELLE CROSS

Location:
Destin, FL
Bust: 34
Sexiest Feature:
Long legs
Instagram:
@Rachelle_Monet
HMUA:
Rachelle Cross
Photographer:
Cole Willett

Hi ... I'm Rachelle from Destin, FL! I enjoy modeling, surfing, going to the beach and traveling the world!















A woman with long, dark hair, seen from the side, looking out over a body of water with distant mountains.

RICHE MAGAZINE

FASHION. FITNESS. BEAUTY.

RHKEMPIRE.COM

